

## Activities for Adults (18+ Years)

Registration begins April 21; classes begin June 2 unless noted otherwise within class descriptions.

No classes July 4. To view a list of class location abbreviations, see page 2.

**The activities and classes below are designed specifically for Adults (18+ Years). Additional offerings for adults may be viewed in the Adult (50+ Years) section.**

### Classes - Participants & Observation:

- Childcare is not offered.
- Observers and non-registered individuals, including children, are not permitted in classes or workshops.
- Closed-toe shoes are required for ceramics, pottery and jewelry classes.

## Arts & Crafts

To view class materials lists, visit [www.tempe.gov/classmaterials](http://www.tempe.gov/classmaterials) or visit the Edna Vihel Activities Center Front Office, 3340 S. Rural Road, Tempe. Students must bring all materials to the first class unless otherwise noted within class description.

### Art; Untangled

Untangle the day through drawing. Learn about line, color, and repetition while creating fantastic kaleidoscope patterns. Each class is led by an instructor who will demonstrate new patterns and coloring techniques that you can take anywhere. So come on, amaze yourself. \*No class 7/9. Fee: \$40. 480-350-5287

39636 16 yrs+ W 6/4-7/30\* 5-7 p.m. VIH

### Ceramics 2

You have learned the basics in Ceramics Survey. Here is your chance to advance your skills in throwing and hand-building as you explore surface decoration and slip techniques. Instructor will guide you through your selected projects.

Fee: \$100. 480-350-5287

39638 18 yrs+ Th 6/5-7/24 6:30-9:30 p.m. VIH

### Ceramics; Open Studio

Open Studio time is available free of charge to all students currently enrolled in and regularly-attending any adult ceramics class. Open Studio times and dates are Wednesdays, 12:15-3:15 p.m., from June 11 to July 23, and Saturdays, 1:30-4:30 p.m., from June 14 to July 26.

### Ceramics; Pottery Club

Do you want time to experiment and hone your skills? This leisurely morning of working in the studio offers students that opportunity. Potters of all skill levels can freely work on the wheel or hand-build; the choice is yours. Guidance and advice will be provided by instructor. Fee: \$100. 480-350-5287

39640 18 yrs+ W 6/4-7/23 9 a.m.-Noon VIH

### Ceramics; Survey

See what keeps the local community of potters coming back every session as you learn age-old techniques of creating beautiful and functional pieces of art. Build a strong ceramics foundation with an introduction to hand-building, throwing, surface design, and glazing. This is your first step into a journey that may bring you a lifetime of joy. Fee: \$100. 480-350-5287

39641 18 yrs+ T 6/3-7/22 6:30-9:30 p.m. VIH

### Ceramics; Throwing Beginning/Intermediate

For students who have completed the Ceramics Survey class. Become one with the potter's wheel through a series of drills and projects. Learn glazing techniques to bring your pieces to life and make them uniquely yours. Fee: \$100. 480-350-5287

39642 18 yrs+ M 6/2-7/21 6:30-9:30 p.m. VIH

### Ceramics; Throwing Intermediate/Advanced

For students who have completed the Ceramics; Throwing Beginning/Intermediate class. Advance your skills on the wheel while exploring the endless styles and shapes of sculptures that may be created using clay. Experiment with techniques like scraffito and impression work. Practice glazing and finishing methods to complete the process on your unique pieces. Fee: \$100. 480-350-5287

39643 18 yrs+ W 6/4-7/23 6:30-9:30 p.m. VIH

### Collage and Mixed Media

Connect with your creative spirit while exploring art in its basic form. Using traditional and non-traditional materials, create wonderful mixed media works that are as unique as you. Learn a variety of methods and techniques as you paint, distress, glue, and embellish. Explore how you can add your own special treasures to materials provided in the classroom. Fee: \$50. 480-350-5287

39644 18 yrs+ T 6/3-7/22 6:30-9 p.m. VIH

### Jewelry 1

Learn the use of tools, how to saw, file, and high-temperature silver solder with silver, copper, and brass. Create pierced sawing samples, band rings, and a bezel set stone pendant. Projects will implement various finishing techniques/surface treatments: polishing, rolling mill texture, and patinas. Supply costs vary; approximate cost \$100. Fee: \$80. 480-350-5287

39645 18 yrs+ M 6/2-7/21 6-8:30 p.m. PAC

39646 18 yrs+ Th 6/5-7/24 10 a.m.-12:45 p.m. PAC

### Jewelry; Multiples

Prerequisite: Jewelry 1. Casting experience suggested. Explore techniques in creating multiples for jewelry and small sculpture such as ear wires, links for chains, and components for wind chimes. Discuss design options and learn basic techniques for multiples working with wire, fabrication, and casting. Supply costs vary; an approximate cost is \$100. Fee: \$80. 480-350-5287

39647 18 yrs+ W 6/4-7/23 6-8:30 p.m. PAC

### Jewelry; Open Studio

For safety, only experienced jewelry students are eligible. Looking for a space to work on your own jewelry creations? Utilize the time in Open Studio to take your jewelry project from start-to-finish, or complete a project that's already in-progress. Instructor will provide guidance as needed, as well as demonstrate various jewelry techniques. Fee: \$80. 480-350-5287

39648 18 yrs+ Th 6/5-7/24 6-8:30 p.m. PAC

### Jewelry Sampler

Learn basic skills for jewelry making and small metals through acid etching, lost-wax casting, and vitreous glass enameling. Students will experience a sampling of techniques; this fast-paced class is designed to demonstrate techniques and may not result in completely finished projects. Previous experience recommended. Supply costs vary; approximate cost is \$100. Fee: \$80. 480-350-5287

39650 18 yrs+ T 6/3-7/22 6-8:30 p.m. PAC

***Want to keep a good class going? Register early!***

## Activities for Adults (18+ Years)

### Mosaics and More

Fascinated by mosaic tile floors or ancient mosaic artworks? Let us show you how to work with ceramic tile, glass beads, and recycled materials to enhance projects like flower pots, tabletops, and more. Learn the fundamentals of tile placement and grouting. Bring a flat picture frame (any size) to first class; instructor will cover required and optional supplies. Fee: \$50. 480-350-5287  
39651 18 yrs+ W 6/4-7/23 6:30-9:30 p.m. VIHEL

### Painting: Beginning

Your first brush stroke will immerse you into a world of art, created by you. This introductory class will teach you the basic techniques for painting in a variety of mediums including: Oil, Acrylic, and Watercolor. Students will learn how to make brush strokes, mix colors, and paint from photographs and still lifes. Fee: \$50. 480-350-5287  
39652 18 yrs+ M 6/2-7/21 6:30-9:30 p.m. VIHEL

### Painting: Landscapes

Learn the tricks-of-the-trade as you paint your favorite places, both local and those from around the world. Become a master of painting light, atmosphere, depth, color, and texture. Beginning-to-Advanced painting techniques will be covered with an emphasis towards individual student skill levels. Fee: \$50. 480-350-5287  
39654 18 yrs+ Th 6/5-7/24 7:30-9:30 p.m. VIHEL

### Painting: Portraits

What subject could be more fascinating than the human face? Learn the skills to paint portraits full of expression and life. The class will cover paint application, mixing flesh tones, light, and shade, as well as achieving a likeness. Feel the thrill of watching your painting come to life as you explore the many techniques used to create compelling portraits. No class 7/5. Fee: \$50. 480-350-5287  
39655 18 yrs+ Sa 6/7-8/2 9:30-11:30 a.m. VIHEL

### Wire-Wrapping Classes

Manipulate and transform ordinary artistic wire into one-of-a-kind jewelry pieces. All classes are taught by Carol Berger Taylor, fine artist. For a complete list of class materials and local supply vendors, visit [www.tempe.gov/classmaterials](http://www.tempe.gov/classmaterials). 480-350 5200

#### New! Bead Bracelets and Beginner Techniques

Wire-Wrap your favorite beads into one-of-a-kind bracelets. Create unique clasps and links; brighten-up your bracelets with colorful Czech Glass beads. No prior experience required. Tools needed include a fine-chain-nose plier, flush cutters, 18 and 20-gauge wire, assorted variety and Czech glass beads. \*No class 7/4. Fee: \$37.  
39066 15 yrs+ F 6/20-7/11\* 9:30 a.m.-Noon PAC

#### New! Egyptian Spiral Chain and Ethnic-Inspired Pendants

Explore jewelry design and learn simple tricks of the trade to create an Egyptian Spiral Chain and ethnic-inspired wire pendants. Learn how to manipulate wire and work with jump rings. No prior experience required. Tools needed include 16, 18, 20, and 24-gauge copper or sterling wire, a fine-chain-nose plier, and flush cutters. Fee: \$45.  
39067 15 yrs+ F 7/18-8/8 9:30 a.m.-Noon PAC

#### New! Fiber Techniques in Metal-Basketry

Explore techniques in metal using traditional basketry and sculpture methods of twining, coiling, and weaving. Learn contemporary applications of traditional techniques; design and create several small basket and sculptural forms. Tools needed include 18, 20, 22, and 24-gauge copper or sterling wire, a fine-chain-nose plier, and flush cutters. Fee: \$45.  
39068 15 yrs+ Th 7/10-7/31 6-8:30 p.m. PAC

#### New! Fiber Techniques in Metal-Pendants & Earrings

Explore fiber techniques in metal using traditional methods of twining, coiling and weaving. Learn contemporary applications of traditional techniques; design and create pendants and earrings. Tools needed include 16, 18, 20, and 24-gauge copper or sterling wire, a fine-chain-nose plier, and flush cutters. Fee: \$45.  
39069 15 yrs+ Th 6/5-6/26 6-8:30 p.m. PAC

#### New! Findings and Toggles

Complete bracelet, necklace, and earring projects by fabricating your own findings. Save money; learn how to design and execute unique clasps, toggles, closures, and ear wires. Tools needed include 18, 20, and 24-gauge copper or sterling wire, a fine-chain-nose plier, ball peen hammer, steel block, and flush cutters. Fee: \$25.  
39070 15 yrs+ Th 8/7-8/14 6-8:30 p.m. PAC

#### New! Hoop Earrings

Create several types of hoop earrings; learn jeweler secrets as you shape, texture, and oxidize your metal to create a variety of unique pieces. Manipulate wire to pair with beads of your choice. Tools needed include 18 or 20-gauge copper or sterling wire, beads, fine-chain-nose and flat-nose pliers, a ball peen hammer, steel block, and flush cutters. Fee: \$25.  
39071 15 yrs+ F 6/6-6/13 9:30 a.m.-Noon PAC

## Boating

### Float Test - Rowing Classes Only (NOT Kayak or SUP)

All Rowing participants must complete a 10-minute float test and watch a U.S. Rowing Safety Video. If you have Rowing experience but are new to the City of Tempe Rowing Program, you must fulfill this requirement. For additional information, please contact the Boating Office at 480-350-8069.

**Rowers 18 years and older are eligible to participate in the following skill levels:**

#### Beginner

Learn to Row is the starting point for new rowers. Rowers will be in bigger boats and learn at a steady pace throughout the class.

#### Advanced

Open Rowing and Sculling focuses on rowing for fitness and technical growth with an option of racing at local and regional regattas.

### Adult Learn to Row

This course is designed for first-time rowers, and will introduce the basics of rowing, safety, and boat-handling. Emphasis is placed on rowing technique and initial fitness. Participants must pass a 10-minute float test and have a basic level of fitness. The first class will consist of a float test and safety video. Attendance at the first three classes is mandatory. 480-350-8069

39528	18 yrs+	Sa/Su	5/31-6/29	6:30-8:30 a.m.	\$120	TTLM
39529	18 yrs+	T/Th	6/3-7/3	5:45-7:45 p.m.	\$120	TTLM
39530	18 yrs+	Sa/Su	7/5-8/3	6:30-8:30 a.m.	\$108	TTLM
39531	18 yrs+	T/Th	7/8-8/7	5:45-7:45 p.m.	\$120	TTLM

### Adult Open Rowing and Sculling

This session brings experienced rowers together and is designed with athletes in mind. Sweep-rowers and scullers may try either discipline; class utilizes cross-training, video analysis, and flexibility, and focuses on a high-level of rowing. Prerequisite: Learn to Row or commensurate experience. \*No class 7/26 for Mid-Summer Classic. 480-350-8069

39570	18 yrs+	Sa	5/31-8/2*	6:30-8:30 a.m.	\$80	TTLM
39571	18 yrs+	Su	6/1-8/3	6:30-8:30 a.m.	\$88	TTLM
39568	18 yrs+	T	6/3-7/29	5:45-7:45 p.m.	\$80	TTLM
39569	18 yrs+	Th	6/5-7/31	5:45-7:45 p.m.	\$80	TTLM

## Activities for Adults (18+ Years)

### Erg Fitness

No experience necessary. Come try one of the best workouts around. Join this class with an experienced instructor who will work with you on your technique and push you to dig deep to reach new heights on your fitness progression. The workouts will be tailored to the individual. Fee: \$42. 480-350-8069

39504	18 yrs+	M	6/2-6/30	6:30-7:30 p.m.	TTLM
39505	18 yrs+	W	6/4-7/2	6:30-7:30 p.m.	TTLM
39561	18 yrs+	M	7/7-8/4	6:30-7:30 p.m.	TTLM
39563	18 yrs+	W	7/9-8/6	6:30-7:30 p.m.	TTLM

### Tempe Town Lake Rowing Club

This session is designed for advanced rowers to use equipment during non-program hours. Once joining the club, participants may check-out equipment during club times and train. Prerequisites: Coordinator permission and a successful re-entry test. Club Fee: \$60/year and \$20/month to be an active member. To register, contact the Boating Office at 480-350-8069.

NO CODE 18 yrs+ T/W/Th/F Ongoing 5:30-7 a.m. TTLM

## Adult Paddling Classes

### Glow Paddle

The wildest and brightest Glow Paddle on Tempe Town Lake. Join us for a night under the stars while we glow and glide across the water. In addition to all necessary kayaking equipment, participants will receive glow in the dark accessories. Feel free to wear glow in the dark clothing items that you don't mind getting wet. Register early. Fee: \$30. 480-350-8069

39576	18 yrs+	F	6/6	7:30-9:30 p.m.	TTLM
39577	18 yrs+	F	6/27	7:30-9:30 p.m.	TTLM
39578	18 yrs+	F	7/18	7:30-9:30 p.m.	TTLM
39579	18 yrs+	F	8/1	7:30-9:30 p.m.	TTLM

### Kayak Fitness

Taught by ACA certified kayak instructors; this is a perfect class for all levels of paddling experience. This class will focus on all the basic strokes and maneuvers as well as fitness, boat-handling and rescues. All necessary equipment will be provided. No experience necessary. Fee: \$70. 480-350-8069

39526	18 yrs+	Sa	6/7-6/28	8-10 a.m.	TTLM
39527	18 yrs+	T	6/3-6/24	5:45-7:45 p.m.	TTLM
39565	18 yrs+	Sa	7/12-8/2	8-10 a.m.	TTLM
39566	18 yrs+	T	7/8-7/29	5:45-7:45 p.m.	TTLM

### Kayak Touring: Essentials

Taught by ACA certified kayak instructors; this class will introduce and/or refine your sea kayak touring skills and is perfect for all levels of paddling experience. This class will focus on all the basic strokes and maneuvers as well as fitness, boat-handling and rescues. All equipment provided. No experience necessary. Space is limited so register early. Fee: \$80. 480-350-8069

39580	18 yrs+	Sa	6/7-6/28	6-8 a.m.	TTLM
39581	18 yrs+	Th	6/5-6/26	5:45-7:45 p.m.	TTLM
39582	18 yrs+	Sa	7/12-8/2	6-8 a.m.	TTLM
39583	18 yrs+	Th	7/10-7/31	5:45-7:45 p.m.	TTLM

### Moonlight Kayak

Spend an enjoyable evening on Tempe Town Lake while paddling in the moonlight. No experience necessary. Bring clothes you don't mind getting wet, a towel and dry clothes. All necessary equipment will be provided. Must be 18 years or older to participate. Fee: \$30. 480-350-8069

39532	18 yrs+	F	6/13	7:30-9:30 p.m.	TTLM
39533	18 yrs+	F	7/11	7:30-9:30 p.m.	TTLM
39567	18 yrs+	F	8/8	7:30-9:30 p.m.	TTLM

### Stand-Up Paddling (SUP); Introduction

Join the fastest-growing watersport in the country. This class will teach you the basics of Stand-Up Paddling, including strokes, maneuvers and SUP safety. All essential equipment is provided. No experience necessary. Fee: \$27. 480-350-8069

39507	18 yrs+	T	6/3	5:45-7:15 p.m.	TTLM
39508	18 yrs+	Sa	6/7	8-9:30 a.m.	TTLM
39509	18 yrs+	T	6/10	5:45-7:15 p.m.	TTLM
39510	18 yrs+	Sa	6/14	8-9:30 a.m.	TTLM
39511	18 yrs+	T	6/17	5:45-7:15 p.m.	TTLM
39512	18 yrs+	Sa	6/21	8-9:30 a.m.	TTLM
39513	18 yrs+	T	6/24	5:45-7:15 p.m.	TTLM
39514	18 yrs+	Sa	6/28	8-9:30 a.m.	TTLM
39515	18 yrs+	T	7/8	5:45-7:15 p.m.	TTLM
39516	18 yrs+	Sa	7/12	8-9:30 a.m.	TTLM
39517	18 yrs+	T	7/15	5:45-7:15 p.m.	TTLM
39518	18 yrs+	Sa	7/19	8-9:30 a.m.	TTLM
39519	18 yrs+	T	7/22	5:45-7:15 p.m.	TTLM
39520	18 yrs+	Sa	7/26	8-9:30 a.m.	TTLM
39521	18 yrs+	T	7/29	5:45-7:15 p.m.	TTLM
39522	18 yrs+	Sa	8/2	8-9:30 a.m.	TTLM
39523	18 yrs+	T	8/5	5:45-7:15 p.m.	TTLM

### Stand-Up Paddling (SUP) Fitness

Once you have learned the basics of Stand-Up Paddling (SUP), stay in shape by taking SUP Fitness. This class will focus on paddling fitness and proper technique. Prerequisites: Stand-Up Paddling; Introduction, or commensurate experience. Fee \$60. 480-350-8069

39553	18 yrs+	Sa	6/7-6/28	6-7:30 a.m.	TTLM
39554	18 yrs+	W	6/4-6/25	5:45-7:15 p.m.	TTLM
39555	18 yrs+	Sa	7/12-8/2	6-7:30 a.m.	TTLM
39556	18 yrs+	W	7/9-7/30	5:45-7:15 p.m.	TTLM

## Books & Reading

### Author Visits

Stay tuned for Author Visits—visit our library events website: <http://www.tempe.gov/library>

### Check Out A Book

Seniors, adults and children can visit the Tempe Public Library's Resource Room at the Escalante or North Tempe Community Centers to check out books from the new and always changing book collection. Book collections are also available in the senior centers at each center. Fee: None. 480-350-5521

NO CODE	18 yrs+	M-F	11 a.m.-8 p.m.	ESCA
NO CODE	18 yrs+	M-F	11 a.m.-9 p.m.	NCC
NO CODE	50 yrs+	M-F	10 a.m.-3 p.m.	WCC

### Great Books Discussion Group

The Great Books Foundation promotes reading, thinking, and the sharing of ideas. Volunteers Kathy and Don Dietz will lead discussions on the second and fourth Wednesday evenings of each month from 6-8 p.m. in the Connections Café Program Room. Participants provide their own copies of the works to be discussed. No registration required. Fee: None.

6/11	Girl Advocacy Again	- Joan Jacobs Brumberg
6/25	Lust	- Susan Minot
7/9	Love and Trust	- Louann Brizendine
7/23	Esta Noche	- Mark Doty
	First Love	- Mona Simpson
8/13	For the Relief of Unbearable Urges	- Nathan Englander

## Fall Brochure Available August 7

## Activities for Adults (18+ Years)

### Mystery Club

Are you an avid mystery reader? If so, you are invited to meet with other fans once a month to discuss favorite mystery books or authors. Participants are required to provide their own copies of the books to be discussed. Responsibility for leading the discussion rotates around the group. Saturdays, 11 a.m. -1 p.m., Connections Café. Registration is not required. Fee: None. 480-350-5554

### Tempe Public Library Outreach Resources Center

The City of Tempe offers this innovative service at two locations, Escalante and North Tempe Community Centers. Use computers with the latest software or "surf the net" to research topics using the same programs offered at the Tempe Public Library.

Escalante Hours: M-F, Noon-8:30 p.m.; Sa, 10 -5 p.m.; Su, 1-6 p.m.

North Tempe Hours: M-Th, 11-9 p.m.; F, 11-8 p.m.; Sa, 10-5p.m.

*Times are subject to change.*

## Business, Computers & Finance

To view computer class offerings for Adults 50+ Years, see page 45.

\*A working knowledge of computers, the keyboard and the mouse are required for following programs. For more information call Dolores Johnson at 480-350-5814.

### Internet with Office 2010

First time Internet users will learn how to navigate the world-wide web via various websites. Fee: None

40190	18 yrs+	M	6/2-6/23	8:30-9:30 a.m.	ESCA
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### Word with Office 2010

First time word processing users will be introduced to Microsoft Word and will learn how to create documents, letters, labels and more. Fee: None

40191	18 yrs+	T	6/3-6/24	8:30-9:30 a.m.	ESCA
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### Excel with Office 2010

First time spreadsheet users will be introduced to the Microsoft Excel and learn how to create spreadsheets, simple lists, sort data, and create formulas and charts. Fee: None

40192	18 yrs+	W	6/4-6/25	8:30-9:30 a.m.	ESCA
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### Business and Financial Planning Classes

These classes share fundamentals for savings and investing. Signing-up for all three classes is recommended in the order that they are listed; hand-outs are included. Classes are taught by Jason Freiwald, CFP, ChFC, CMFC. Fee: \$7 per class. 480-350-5200

### Money Management Planning

Learn the basics of the financial planning process in this highly-interactive class. You will also learn how to organize your finances and put them into a usable financial plan. Discussions include budgeting, college savings, retirement and setting aside emergency reserves.

39099	18 yrs+	Th	8/7	7-8:30 p.m.	PAC
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### Retirement and Estate Planning

An important lifetime goal that most people plan for is their retirement. In this class, learn how to evaluate your retirement plan to make it as effective as possible. In addition, learn how to supplement your retirement income with other retirement plan investments such as IRAs and Roth IRAs.

39101	18 yrs+	Th	8/21	7-8:30 p.m.	PAC
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### Stocks and Bonds Investment Planning

Investing can be challenging. Learn how the Stock Market works, as well as the key concepts of stocks, bonds and mutual funds. Class topics include the factors that influence the Market, how to use them to your advantage, and how to incorporate investments into your financial plan to diversify your personal portfolio.

39100	18 yrs+	Th	8/14	7-8:30 p.m.	PAC
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### Computers; Computer Repair and Upgrading

Learn the skills needed to perform basic computer repairs and upgrades. Class covers the following topics: operating system repair, virus removal, routine maintenance, introduction to hardware troubleshooting, data recovery, data back-up, operating system restoration, and hardware replacement and upgrades. Instructor will perform hands-on demos in class. Fee: \$15. 480-350-5200

#### Introduction to the Personal Computer

39090	15 yrs+	T	6/10	6-8 p.m.	PAC
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#### Hardware Troubleshooting and Upgrading

39092	15 yrs+	T	7/1	6-8 p.m.	PAC
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#### Operating System Repair

39091	15 yrs+	T	7/22	6-8 p.m.	PAC
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### Computers; Skype Workshop

Learn the skills necessary to use Skype. Instructor will demonstrate how to set up video and text communication with anyone in the world at no cost. Keep in touch with distant family members and friends via live video. Fee: \$15. 480-350-5200

39096	15 yrs+	M	6/30	6-7:30 p.m.	PAC
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### Computers; WordPress Website Design

Learn skills to break into the world of website development. The class teaches you how to utilize WordPress to begin customizing a website to suit your needs. Edit your page from anywhere in the world, share your thoughts, share your photos, or start a blog. WordPress software may be accessed and downloaded for free on your home computer. Flash drive optional. Fee: \$15. 480-350-5200

39093	15 yrs+	M	6/16	6-8 p.m.	PAC
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39094	15 yrs+	M	7/14	6-8 p.m.	PAC
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### Tech Time Help

Do you have technical questions about your laptop, e-reader, tablet, or cell phone? Do you need help downloading library resources? Do you have questions about using Facebook? Call to schedule your 30 minute individualized session with a librarian. Fee: None. 480-350-5521

NO CODE	18 yrs+	M	6/9-7/21	4-5:30 p.m.	LMRB
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NO CODE	18 yrs+	Th	6/12-7/24	4-5:30 p.m.	NCC
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## Dance, Music & Theater

### Ballroom Bash

Think you can't dance? Think again. Our instinct tells us to express rhythm; just as children bob their heads to music and senior citizens tap their canes to the beat, dancing comes naturally to everyone. You'll learn the basic elements on which all dance patterns are based. Don't put it off any longer; walk into class and dance out. \*No Class 7/9. Fee: \$35. 480-350-5287

39637	18 yrs+	W	6/4-7/30*	7:45-9 p.m.	VIHEL
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### Belly Dance; Beginning

An introduction to belly dance that will have you feeling great. Learn basic movements well as an introduction to playing finger cymbals. Immerse yourself in enchanting, exotic music as you explore this art form that will help you tone your body and build strength. \*No class 7/9. Fee: \$35. 480-350-5287

39656	18 yrs+	W	6/4-7/30*	6:30-7:30 p.m.	VIHEL
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## Country Dance

It's easy to learn Country Dance in this progressive class that mixes East Coast Swing and Country Two-Step. Practice useful dance styles for partner dancing such as: Night Club style for slow songs and the Rhythm/Arizona Two-Step, a popular favorite throughout the valley. This relaxed style of dance will have you gliding across the floor. Fee: \$35. 480-350-5287

39657 18 yrs+ T 6/3-7/22 7:45-9 p.m. VIHEL

## Dance Basics

Burn-up the floor to hot Latin Beats. High-energy Salsa, Old School, Hip-Hop and Cumbia music will make you forget your cares and get moving like you never thought you could. Build your confidence while acquiring new dance skills in this sassy and satisfying basics class. Fee: \$35. 480-350-5287

39658 18 yrs+ M 6/2-7/21 6:30-7:30 p.m. VIHEL

## Latin Dance

Love the great beats and rhythms of Latin music and the automatic response to move to it? This all-Latin dance class is for you. With a focus on Salsa, you will experience everything Latin from Merengue and Mambo, to Tango and more. Fee: \$35. 480-350-5287

39660 18 yrs+ T 6/3-7/22 6:30-7:30 p.m. VIHEL

## Line Dance; Advanced

Know your way around the dance floor and want to show-off? This challenging class is for you. Competition-level instruction will be offered in this fast-paced, high-intensity class. Dazzle everyone with the latest and greatest routines. \*No class 7/10. Fee: \$35. 480-350-5287

39661 18 yrs+ Th 6/5-7/31\* 8:30-9:15 p.m. VIHEL

## Line Dance; Beginning/Intermediate

Studies show that Line Dancing helps increase memory and balance, as well as improve your cardiovascular endurance. This class starts you out on the right foot as you learn basic steps, form, techniques and terminology. You won't need a partner, but invite your friends to join in as you "step-out" for some toe-tapping fun. \*No class 7/10. Fee: \$35. 480-350-5287

39662 18 yrs+ Th 6/5-7/31\* 6:30-7:30 p.m. VIHEL

## Line Dance; Intermediate/Advanced

Take the next step as you join other dancers and learn more patterns and advanced dance steps to fun and funky music. This ain't your grandma's Line Dance class; we play it all from Country to Blues, with a little Top 40 thrown in for good measure. \*No class 7/10. Fee: \$35. 480-350-5287

39663 18 yrs+ Th 6/5-7/31\* 7:30-8:30 p.m. VIHEL

## Music; Beginning Guitar

Dazzle your friends as you begin playing music right away. Become one with your guitar as you get to know, tune and care for it. Learn basic scales, chords and strumming as you play different types of music. Students must bring their own guitar (acoustic or electric without amps); songbook will be provided at first class. Fee: \$45. 480-350-5287

39664 18 yrs+ T 6/3-7/22 6-7:25 p.m. PAC

## Music; Beginning Guitar 2

For those who love to play guitar and have knowledge of basic chords. This class will help you turn-it-up-a-notch as you learn bar chords, performance styles and songs. Students must bring their own guitar (acoustic or electric without amps); songbook will be provided at first class. Fee: \$45. 480-350-5287

39667 18 yrs+ T 6/3-7/22 7:30-8:30 p.m. PAC

## Health & Fitness

### Cardio; Total Body Conditioning (TBC)

#### - burn 500 kcal!

TBC combines intervals of strength training and plyometrics to burn fat & calories while sculpting & toning your entire body. Improve fitness level by building strength, adding definition, increasing bone density and lean muscle. Class uses hand-held weights, tubing and your own body weight. A challenging workout suitable for all fitness levels. \*No class 7/1. Fee: \$35. 480-350-5200

39138 16 yrs+ T 6/3-7/15\* 6:40-7:40 p.m. PAC

### Exercise; Family Yogi's at Play!

This special yoga class is designed with the entire family in mind. Parents and kids alike will find joy in this acrobatic style class using circus partner yoga, pop culture music & silly games. Yoga helps to improve strength, flexibility, concentration and coordination. Fee is per child; adults are free and must accompany child. \*No class 7/1. \*\*No class 7/2. Fee: \$39. 480-350-5200

39206 7yrs+ T 6/10-8/5\* 6:30-7:30 p.m. NCC

39311 7 yrs+ W 6/11-8/6\*\* 6:05-7 p.m. KRC

### Exercise; Preserve the Curve

Core and strength exercises focus on "preserving the curve" in your spine through strength, endurance, and flexibility routines. This class is great for anyone who has tightness in the hips, shoulders, lower back & legs. Gently held stretches will help increase circulation & flexibility. Therabands, foam rollers, Pilates circles & light weights, are used. \*No class 7/2. 480-350-5200

39203 16 yrs+ M 6/9-8/18 6-7:00 p.m. Sara \$55 PAC

39205 16 yrs+ T 6/3-8/19 6:15-7:15 p.m. Kim \$58 NCC

39204 16 yrs+ W 6/4-8/20\* 7:10-8:10 p.m. Sara \$55 KRC

## Martial Arts; Aikido

Aikido is a defensive martial art based on blending-in with energy and moving from your center. Aikido helps develop discipline and self-control, while teaching valuable self-defense skills. In addition, learn the basics of tumbling, escapes, and various techniques with a focus on awareness and self-defense.

\*No class 6/21. Fee: Youth/\$25; Adult/\$35. 480-350-5200

39135 7 yrs+ Sa 6/7-6/28\* 9-11 a.m. VIHEL

39136 7 yrs+ Sa 7/12-7/26 9-11 a.m. VIHEL

39137 7 yrs+ Sa 8/2-8/30 9-11 a.m. VIHEL

## Martial Arts; Goju Shorei Weapons Systems

Learn how to use a wooden cane as a legal and practical self-defense weapon. Students will learn basic strikes, blocks and footwork. Prior martial art experience is recommended but not mandatory. Students required to purchase a cane (\$35) and wear uniform (\$20); both available for purchase from instructor. \*No class 7/5. Fee: \$25. 480-350-5200

39129 16 yrs+ Sa 6/7-7/19\* 9:20-10:20 a.m. CRC

39130 16 yrs+ Sa 7/26-8/30 9:20-10:20 a.m. CRC

## Martial Arts; Jujutsu

Learn traditional self-defense techniques such as joint locks, throws, chokes, strikes, blocks, ground fighting, pins and pressure point attacks as practiced by the Doshin (Samurai policeman). Ongoing classes taught by licensed instructors of the Otake Han Doshin Ryu system of Jujutsu. All levels welcome; no prior martial arts training required. Fee: \$50. 480-350-5200

39126 16 yrs+ T/Th 6/3-6/26 7:45-9 p.m. CRC

39127 16 yrs+ T/Th 7/1-7/31 7:45-9 p.m. CRC

39128 16 yrs+ T/Th 8/5-8/28 7:45-9 p.m. CRC

***Want to keep a good class going? Register early!***

## Activities for Adults (18+ Years)

### Martial Arts; Karate

Join this Kenpo Karate martial arts class for beginning and intermediate students. Classes begin with a light warm-up and stretch, followed by basic kick-punch-block drills. Self-defense techniques are taught, as well as forms (katas) and light sparring (optional). Comfortable clothing is recommended. Instructor: Aseem.

\*No class 7/3. \*\*No class 7/5. Fee: \$57. 480-350-5200

39132	13 yrs+	Th	6/5-8/28*	7:05-8:30 p.m.	NCC
39131	13 yrs+	Sa	6/7-8/30**	10:35 a.m.-11:55 a.m.	CRC

### Martial Arts Karate; Lim Kenpo

Strengthen the importance of family values in this results-oriented Karate class designed for the whole family. Students will learn self-defense, respect and manners; increased self-confidence and focus. Ongoing, monthly program.

Uniform fee \$50 (includes Lim's 3 patches). For more info; contact Patrice Lim at 602-525-8472, or at [www.limkenpo.net](http://www.limkenpo.net). \*No class 7/4. Fee: \$50. 480-350-5200

39053	13 yrs+	T/Th	6/3-6/26	6-7:30 p.m.	KRC
39054	13 yrs+	T/Th	7/1-7/31	6-7:30 p.m.	KRC
39059	13 yrs+	T/Th	8/5-8/28	6-7:30 p.m.	KRC
39055	13 yrs+	Th/F	6/5-6/27	6:30-7:30 p.m.	CRC
39056	13 yrs+	Th/F	7/3-7/31*	6:30-7:30 p.m.	CRC
39060	13 yrs+	Th/F	8/1-8/29	6:30-7:30 p.m.	CRC
39057	13 yrs+	M/T	6/2-6/30	6:30-7:30 p.m.	NCC
39058	13 yrs+	M/T	7/1-7/29	6:30-7:30 p.m.	NCC
39061	13 yrs+	M/T	8/4-8/26	6:30-7:30 p.m.	NCC

### Martial Arts of the Peaceful Warrior

Please see page 16 for complete description and class times.

### Martial Arts; Wing Chun Self-Defense

Learn the ancient Chinese martial art of Wing Chun that emphasizes the principals of physics and natural body mechanics to defend against close-range attacks by larger or stronger opponents. Students will learn Chi-Sau to develop power, positioning, and hand techniques to defeat attackers using their size and strength. Instructor: Norm. Fee: \$57. 480-350-5200

39133	16 yrs+	Su	6/8-8/24	9-10:30 a.m.	CRC
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### Mind & Body; Candlelight Meditation

Allow yourself to go on a relaxing journey and quiet the mind as you experience different forms of meditation in a safe and welcoming environment. Class is done to relaxing and meditative music by candlelight; be prepared to unwind.

Participants must bring own mat. Instructor: Tammy. \*No class 7/3. 480-350-5200

39174	16 yrs+	M	6/9-7/28	8-8:45 p.m.	\$33 PAC
39198	16 yrs+	Th	6/5-8/21*	7:15-8:15 p.m.	\$45 PAC

### Pilates; Introduction

Pilates is a system of controlled exercises that engage the mind and condition the total body. Start with the fundamentals of the mat work and learn the basic series of exercises upon which the entire Pilates method is built. Learn proper posture, breathing, and technique. No class 6/30. Fee: \$65. 480-350-5200

39179	16 yrs+	M	6/2-8/25	5:30-6:30 p.m.	KRC
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### Pilates & Stretch

Join us for this multi-level class that combines Pilate's exercises with effective stretching techniques to increase strength and flexibility for your entire body. Major areas of focus are the core, stability work, coordination, breathing and relaxation. No prior Pilates experience necessary; open to all levels. \*No class 7/4. \*\*No class 6/30. 480-350-5216

39141	16 yrs+	F	6/6-7/18*	9:30-10:30 a.m.	Donna \$35 KRC
39139	16 yrs+	M	6/2-8/25**	6:30-7:30 p.m.	Pippa \$65 KRC

### Yoga; Hatha

Hatha yoga covers the key poses found in most styles of yoga. Enjoy a slow-paced practice that integrates breath work with postures to develop a balance of strength and flexibility. Improve your physical coordination; find quietness of mind and discover a greater sense of well-being. \*No class 7/2. Fee: \$55. 480-350-5200

39196	16 yrs+	W	6/4-8/20*	4:50-5:50 p.m.	PAC
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### Yoga; Healthy Backs

Healthy Backs Yoga is a therapeutic class designed for participants with chronic neck and back pain. Focus on balancing strength and flexibility in the upper back, shoulder blades, neck and lower back. Practice is slow, gentle and suited for all skill levels. No yoga exp. necessary. Participants must bring yoga mat. \*No class 7/5. \*\*No class 7/2. 480-350-5200

39175	16 yrs+	Sa	6/7-8/23*	9-10:30 a.m.	Kate/Tammy \$59 KRC
37176	16 yrs+	W	6/11-8/20**	7:05-8:05 p.m.	Tammy \$48 PAC

### Yoga; Introduction to Ashtanga

Increase strength, endurance and flexibility with Ashtanga yoga. Enjoy a physical form of yoga which synchronizes breath and movement through a precise sequence of postures. The intention of the practice is to stretch and strengthen the body, as well as focus and calm the mind. \*No class 7/2. Fee: \$55. 480-350-5200

39197	16 yrs+	W	6/4-8/20*	6-6:50 p.m.	PAC
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### Yoga; Introduction to Yoga

A yoga class designed specifically for those who are new to yoga or are interested in learning the fundamentals and philosophy of a yoga practice. Focus will be on integrating the breath with body movement and maintaining proper physical alignment. You will leave class feeling stretched, open and rejuvenated. Participants must bring yoga mat. \*No class 7/3. Fee: \$59. 480-350-5200

39152	16 yrs+	Th	6/5-8/21*	5-5:50 p.m.	Diane PAC
39151	16 yrs+	T	6/10-8/19	5-6:15 p.m.	Tammy PAC

### Yoga; Introduction to Yoga Meditation

Perfect place to enter into the yoga practice and learn a range of meditations along with Hatha yoga's basic poses, breathing and relaxation techniques. Enjoy this sampling of meditation techniques as you are guided to the blissful silence behind your thoughts and experience deep relaxation. Participants must bring yoga mat. \*No class 7/2. Fee: \$48. 480-350-5200

39181	16 yrs+	W	6/4-8/13*	5:45-6:45 p.m.	PAC
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### Yoga; Level I & 2

Prerequisite: "Intro to Yoga" recommended, but not required. Elevate your body and mind connection as you refine and build-upon the basic postures from Hatha Yoga. This class will assist you with learning the skills you need to take your yoga practice to a deeper level. Participants must bring yoga mat. \*No class 7/3. \*\*No class 7/5. 480-350-5200

39150	16 yrs+	T	6/3-8/19	7:30-8:45 p.m.	Caroline \$65 MUS
39149	16 yrs+	Th	6/5-8/21*	6-7 p.m.	Diane \$59 PAC
39199	16 yrs+	Sa	6/7-8/23**	10:30-11:30 a.m.	Sara \$59 PAC

### Yoga; Level 2

A more challenging and vigorously-led class which will focus equally on strength and functional mobility by incorporating a variety of traditional yoga poses. Less basic instruction will be given, and the teacher will assume students have a certain amount of familiarity with a yoga practice. Participants must bring yoga mat. Instructor: Caroline. Fee: \$65. 480-350-5200

39146	16 yrs+	W	6/4-8/20	5:45-7:15 p.m.	MUS
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**Want to Volunteer? Visit: [www.tempe.gov/volunteer](http://www.tempe.gov/volunteer)**

## Activities for Adults (18+ Years)



### Yoga; Restorative

Restorative Yoga is a relaxation-based class which promotes stress relief. Gentle poses are held for up to 10 minutes using props such as blocks, blankets and straps to support the body and eliminate unnecessary straining. Participants will leave class feeling calm and refreshed. Bring own yoga mat. Instructor: Caroline. Fee: \$65 480-350-5200

39144	16 yrs+	W	6/4-8/20	7:30-8:45 p.m.	MUS
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### Yoga; Slow & Gentle Yoga

This is perfect for beginners and those wanting a slow, meditative and gentle yoga class. Increase flexibility, joint mobility and agility. Incorporate breathing exercises along with visualization techniques for stress reduction. Poses are modified and may be done with props. Participants must bring yoga mat. Instructor: Linda. Fee: \$62. 480-350-5200

39157	16 yrs+	M	6/2-8/18	10:30 a.m.-Noon	KRC
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39158	16 yrs+	W	6/4-8/20	4:30-5:50 p.m.	KRC
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### Yoga; Therapeutic Yoga

Learn to move with grace and ease while using basic breathing exercises and simple yoga poses to help relax your head, neck, shoulders and back. This class will flow at a slower pace and students of all experiences and backgrounds are welcome to attend. Participants must bring own yoga mat. Instructor: Kim. Fee: \$58. 480-350-5200

39169	16 yrs+	W	6/4-8/20	6:15-7:15 p.m.	NCC
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39170	16 yrs+	M	6/9-8/25	4:45-5:50 p.m.	PAC
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### Yoga; Tone and Core

A perfect way to refine your body from the inside-out. Emphasis will be on strengthening the body from the deep center by using a variety of yoga postures as a guide. Target and challenge the muscles of the back, abdominals, hips and glutes. Participants must bring own yoga mat. Fee: \$65. 480-350-5200

39147	16 yrs+	T	6/3-8/19	6-7:30 p.m.	Caroline MUS
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### Yoga; Yin and Meditation

Yin Yoga is a soothing and relaxing form of yoga which allows participants to move deeply into various postures and hold the poses for a longer period of time. End with 20 minutes of seated meditation. Students will be coached on how to meditate properly and comfortably. Participants must bring yoga mat. \*No class 7/4. Fee: \$39. 480-350-5200

39182	16 yrs+	F	6/6-8/1*	6-7:15 p.m.	Tammy KRC
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### Yogilates

Yogilates combines Yoga and Pilates practices; offering the best of both worlds. Exercises will cultivate proper breath use, strength, stamina, stability and flexibility while also emphasizing the deep muscles of the core. No experience necessary. Class taught by certified Yoga/Pilates instructor. Bring own mat. Fee: \$59. 480-350-5200

39155	16 yrs+	M	6/9-8/25	7-7:50 p.m.	PAC
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### Drop-In Fitness Classes

Are you too busy to make a four to 12-week fitness commitment? How about fitness when you want it? Introducing a convenient payment method: Pay-As-You-Go classes!

Now you have the choice to make a commitment to register for a full session of classes, or commit to participate only when you have the time. If you choose to Pay-As-You-Go, please arrive 10 minutes early to register for your class. You will need to show your receipt to the instructor in order to validate payment of class.

#### Exercise; Building Better Bones with Pippa Frame

Stop bone loss and restore bone mass. Pilates-based exercises to strengthen muscles, increase flexibility and improve balance. Focus on reversal of bone loss, injury prevention and functional fitness to help avoid falls, alleviate pain and maintain independence. Pay-As-You-Go for \$7 per class. No class 7/2.

Fee: \$ 65 480-350-5200

39180	16 yrs+	W	6/4-8/27	9:30-10:30 a.m.	KRC
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#### Exercise; Zumba Fitness Express – burn 300 kcal!

Zumba is a high-energy cardio workout that incorporates unique moves with sizzling Latin dance music. Zumba maximizes caloric output with fat-burning movements and easy-to-follow dance steps. Zumba is appropriate for all, and no experience is necessary. Pay-As-You-Go for \$4 per class. \*No class 7/5.

480-350-5200

39159	16 yrs+	M	6/9-8/25	6-6:50 p.m.	\$45	PAC
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39160	16 yrs+	Sa	6/7-8/23*	9:15-10:15 a.m.	\$41	PAC
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## Fall Brochure Available August 7

## Counseling Services



## Individual Marital/Couple Child and Family

City of Tempe Counseling Program  
Tempe Public Library (2nd Floor)  
3500 S. Rural Road

480-350-5400

[www.Tempe.gov/Counseling](http://www.Tempe.gov/Counseling)



## Activities for Adults (18+ Years)

### Special Interest



#### Cooking Classes; Chef JoAnne Groot

Chef JoAnne Groot has been involved in the catering and event-planning business for 10 yrs+ and is a graduate of Scottsdale's LeCordon Bleu. Chef JoAnne has been teaching healthy cooking classes for four years, and owns and operates her own catering business, JoAnne's Kitchen. For an enjoyable, relaxing evening, register for one or all of the classes below. Participants will sample every dish; all recipes are

included as part of the class fee. 480-350-5200

#### **New!** Cooking Demonstration; Healthy Breakfasts

Everyone knows that Breakfast is the most important meal of the day. Join Chef JoAnne as she creates a healthy variety of breakfast favorites. Recipes include Multi-Grain Hot Cereal, Apple Muffins, Ham and Broccoli Strudel and a Pomegranate-Berry Smoothie. Fee: \$25.

38989 18 yrs+ W 6/11 6-8 p.m. CSC

#### **New!** Cooking Demonstration; Summer Fruits

Spoil yourself on a hot summer day with fruit-inspired recipes. Demonstration features a mouthwatering mix-up using this season's tastiest fresh fruits paired with amazingly-flavored toppings, served with a delicious dessert. Recipes include Peach and Tomato Salad, Fruit Salsa with Cinnamon Chips, Arugula Salad with Grilled Fruit, Fruit Salad and a Dessert Fruit Pizza. Fee: \$25.

38990 18 yrs+ W 6/25 6-8 p.m. CSC

#### **New!** Cooking Demonstration; Burgers and Sides

Grill to impress; add that extra twist to your favorite classic burger recipe! With Chef JoAnne's help, learn how to make sensational sides. Explore the techniques used to create Homemade Potato Chips, Parmesan Oven Fries and Pepper Fries. Fee: \$25.

38992 18 yrs+ W 7/9 6-8 p.m. CSC

#### ESL Table Talk

Do you want to improve your English? Join our table talk group. We meet once a week to improve conversational skills, increase common vocabulary and phrasing as well as engage in cultural discussion. The class is conducted in English. Basic English reading, writing and speaking skills are required.

Fee: None. 480-350-5521

40199 18 yrs+ M 6/9-7/21 1-2 p.m. LMRB

40204 18 yrs+ T 6/10-7/22 3:30-4:30p.m. NCC

#### Exploring the Paranormal; the Search for Ghosts

Explore ghost-hunting with Arizona Ghost Investigators, the oldest hunting group in Arizona. Use scientific methods to gather evidence of paranormal activity; receive hands-on training as you conduct an investigation at one of Tempe's haunted hot spots. Fee: \$39. 480-350-5200

39116 15 yrs+ Sa 8/2-8/23 Noon-3 p.m. PAC

#### Fermenters 101; Arizona Homebrewing Basics

Join the Arizona Society of Homebrewers (ASH) for a discussion of home brewing with practical instruction on brewing an extract batch of beer, as well as fermentation basics from mead and cider. Class is led by ASH President, Krystal Bittner, and will cover the history of brewing, home brewing, and the craft brewing movement. ID is required.

Fee: \$39. 480-350-5200

39408 21 yrs+ M 6/2-6/23 6:30-8:30 p.m. FPWF

#### Health and Wellness; Aromatherapy

Using aromatic plant oils, learn how to maintain and promote physical, physiological and spiritual well-being. Aromatherapy promotes the use of essential oils in massage, baths and healing compresses. Learn common practices; add oils to your vaporizer for inhalation, or diffuse throughout a room. Fee: \$29. 480-350-5200

39111 18 yrs+ Th 8/14-8/28 6-7:30 p.m. PAC

#### Health and Wellness; Herbology

Explore the benefits of herb use; enhance your well-being and daily wellness with Herbology, the art and science of herbal preparation. Identify basic classifications and common herbs used for medicinal purposes. Learn how to apply a compress, make tinctures and various teas. \*No class 7/3. Fee: \$35. 480-350-5200

39110 18 yrs+ Th 6/12-7/10\* 6-7:30 p.m. PAC

#### Health and Wellness; Reflexology

Discover Reflexology, an ancient Chinese medicine method that involves the physical act of applying pressure to the feet and hands using specific thumb, finger and hand technique without the use of oil or lotion. Learn how to relieve tension, improve circulation, and promote the natural function of your body.

Fee: \$19. 480-350-5200

39115 18 yrs+ W 8/6-8/13 6-7:30 p.m. PAC

#### Health and Wellness; Therapeutic Home Massage

Learn basic massage technique designed for at-home use; assist a loved one suffering from pain, long-term illness, stress, fatigue, arthritis, injury or post-surgery. Instructor demonstration is hands-on, and class massage is optional.

Fee: \$35. 480-350-5200

39113 18 yrs+ W 7/9-7/30 6-7:30 p.m. PAC

#### Hunter Education

Facilitated by AZ Game and Fish; bring your SSN to the first class or contact Andy Megaw, Hunter Education Assistant, at amegaw@azgfd.gov., to obtain a Hunter Identification Number. Instruction includes a mandatory hunting simulation; you do not need to supply a firearm for the simulated hunt but you must wear closed-toe shoes. Fee: Adult/\$9; Youth/\$5. 480-350-5200

39103 9 yrs+ F 8/22 5-9 p.m. VIHEL

Sa 8/23 8 a.m.-5 p.m. VIHEL

Su 8/24 8 a.m.-5 p.m. VIHEL

#### Pets; Basic Dog Obedience

Teach your dog basic commands such as sit, stay, down and come. Jumping, greeting, barking, leash-walking and potty-training will also be addressed. Dogs must be at least four months old in order to participate; proof of shots is due at the first class. Class is taught by Troy Bogden, professional trainer; for additional information, visit [www.pawstotrainyourdog.com](http://www.pawstotrainyourdog.com). \*No class 7/6. Fee: \$45. 480-350-5200

38869 12 yrs+ T 6/3-7/8 7-8:15 p.m. HOL

38870 12 yrs+ T 7/15-8/19 7-8:15 p.m. HOL

38871 12 yrs+ Su 6/1-7/13\* 8-9:15 a.m. HOL

38872 12 yrs+ Su 7/20-8/24 8-9:15 a.m. HOL

#### Photography; DSLR Basics

Review basic camera operation and settings, memory cards, care and cleaning. Learn about various types of photography, shutter speed, exposure, composition, lighting, focal point and depth of field. Each class will conclude with a student photo-sharing opportunity; bring a DSLR camera and manual to class. Class taught by David Miller, professional photographer. \*No class 7/3. Fee: \$45. 480-350-5200

39108 15 yrs+ Th 6/12-7/17\* 6-8:00 p.m. PAC



## Activities for Adults (18+ Years)

### Sewing; Sewing 101 for Beginners

Learn to hand-sew and use your sewing machine in one class. Students will be introduced to three basic hand-sewing stitches and machine techniques while creating custom projects. Bring basic sewing supplies and sewing machine to class. Taught by a professional seamstress and evening wear designer. For a list of supplies, call 480-350-5200. Fee: \$45.

39074	15 yrs+	M	6/16-7/14	6-8:30 p.m.	PAC
39075	15 yrs+	M	7/21-8/18	6-8:30 p.m.	PAC

### Sewing; Sewing Alterations

Instruction includes tapering/hemming a minimum of two pair of jeans or trousers. Bring basic sewing supplies, sewing machine, and a pair of pants that fit in length to use as a baseline to hem your pants. Class is taught by a professional seamstress and evening wear designer. \*No class 7/2. For a list of supplies, call 480-350-5200. Fee: \$45.

39076	15 yrs+	W	6/11-7/16*	6-8:30 p.m.	PAC
39077	15 yrs+	M	7/21-8/18	2:30-5 p.m.	VIHEL

### Spanish; Level 1

Basic Spanish class designed for beginners or to be used as a refresher course. This interactive class will place an emphasis on learning common phrases, vocabulary, present tense and an introduction to future tense. Students will develop listening and speaking abilities in Spanish, while forming their own questions and improving pronunciation. Fee: \$45. 480-350-5200

39062	18 yrs+	T	6/17-8/5	5:50-7:05 p.m.	PAC
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### Spanish; Level 2 Conversation

This class is a continuation of Spanish; Level 1. Students will utilize the skills learned in Level 1 to practice in conversation. Learn how to form sentences and use sentences in a conversation. Recommended Book, "Spanish Verb Tenses" - ISBN-13: 978-0071639309, 2nd Edition (Practice Makes Perfect Series), by Dorothy Richmond. Fee: \$45. 480-350-5200

39063	18 yrs+	T	6/17-8/5	7:15-8:30 p.m.	PAC
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## Is Fido bored?

Take him to a Tempe Dog Park.

### Papago Park

Curry Rd. & College Ave.

### Creamery Park

8th St. & Una Ave.

### Jaycee Park

5th St. & Hardy Dr.

### Mitchell Park

9th St. & Mitchell Dr.

### Tempe Sports Complex

Carver Rd. & Hardy Dr.



To view information about Basic Dog Obedience classes, see the Activities for Adults (18+ Years) Special Interest classes.



809 E. Southern Avenue • 480-350-5100

### THIRD THURSDAY at the MUSEUM

Good Sports: Game Time and Playtime in Tempe  
ASU Stadium District and Sun Devil Stadium Plans

Thursday, 4/17; 7 p.m.

Join the Museum for a free cup of coffee and learn about the local sports world; past, present and future. Topics include early Arizona baseball, the renovation of Sun Devil Stadium, women's sports at ASU and spring training in Tempe. At April's presentation, learn ASU's plans for remodeling Sun Devil Stadium and for the land surrounding it from new Athletic Director Ray Anderson and representatives of ASU's Real Estate Development Office.

### PERFORMANCES at the MUSEUM

Future Loves Past

Saturday, 4/26; 7 p.m.

April is "Made in Tempe" Rock Month. Future Loves Past represents an up and coming Tempe band with the sound of soul meeting '70s rock. Their sound borrows from all genres and blends them together in a way that's easy to relate to and digest.

Jaleo

Saturday, 5/10; 7 p.m.

Jaleo has a multicultural musical heritage that celebrates Latin music with an Afro Cuban, Puerto Rican and Colombian rhythmical inspiration. They perform melodies such as salsa, meringue, cumbia, and new songs from current Latin charts. Jaleo is the most popular band in Arizona for lovers of Latin music.

### THIRD THURSDAY at the MUSEUM

Good Sports: Game Time and Playtime in Tempe  
Sports and Playtime

Thursday, 5/15; 7 p.m.

Join the Museum for a free cup of coffee and learn about the local sports world; past, present and future. Topics include early Arizona baseball, the renovation of Sun Devil Stadium, women's sports at ASU and spring training in Tempe. Jeff Golner will share stories about Arizona's ocean, Big Surf; Richard Ruelas of the Arizona Republic will reminisce about Tempe's old amusement park, Legend City and Dave Bucher will talk about the creation of Kiwanis Wave Pool.

### PERFORMANCES at the MUSEUM

Composition Competition II

Saturday, 5/31; 7 p.m.

Classical Revolution PHX presents the second annual Composition Competition premiering new pieces of music written by composers living in Arizona. All works will be performed live and judged by an expert panel and the audience to determine a winner and runner-up. So join us to hear these world premiere works and enjoy a fun evening of "American Idol meets classical music."

### Wild Wednesdays

Summer Programs for the Whole Family

Wednesdays, 6/11, 18, 25 and 7/9, 16, 23, 30

Come and go between 10 a.m. and 3 p.m.

This year's theme is "Eat, Play, Grow Healthy." Each Wednesday will feature activities about eating healthy portions of fruits and vegetables, and drinking healthy beverages. Also included will be fun physical activities that are appropriate indoors. There is no pre-registration needed for family groups. Summer camp groups of 10 or more should call for a reservation; children must be accompanied by an adult.

### MOVIES at the MUSEUM

Classic Disney Films

First Four Saturdays in August at 1 p.m.

Miss the old classic Disney films? Want your kids to see them for free and in air conditioned comfort? Experience the best Disney films from the 1970s and 1980s. The Many Adventures of Winnie the Pooh (1977): August 2  
The Fox and the Hound (1981): August 9  
The Black Cauldron (1985): August 16  
The Little Mermaid (1989): August 23

# Activities for Adults (18+ Years)

## Sports

### Adult Sports Leagues

#### Organizational Meetings

League	Location,Date,Time	Season Starts
Adult Softball	PAC; 7/14, 16, 17 & 22; 7 p.m. New teams only	September 2nd
Adult Soccer	PAC; 7/23; 7 p.m.	September 3rd
Adult Flag Football	PAC; 7/15; 7 p.m.	September 9

#### Registration Dates Summer 2014

League	Location,Date,Time	Season Starts
Adult Basketball	LIB; 4/30; 8 a.m.	May 27
Adult Softball	LIB; 8/4; 8 a.m.	September 2nd
Adult Soccer	LIB; 8/6; 8 a.m.	September 3rd
Adult Flag Football	LIB; 8/6; 8 a.m.	September 9th

### Women's Basketball League Fall 2014

Registration begins 7/28/2014 and will continue until the league is full. The league begins the week of 9/8/2014. Team Fee: \$300. For more information call Alex Jovanovic at 480-350-5800

Organizational Meeting	W	7/16	7 p.m.	ESCA
Registration	M	7/28	8 a.m.	ESCA

### Basketball; Adult Open Gym Basketball

Come play indoors. Court will be available for open play. A registration form and state issued photo ID are required on the first visit. Fee: \$1. 480-350-5800

NO CODE 18 yrs+	T	Ongoing	6:30-9 p.m.	ESCA
NO CODE 18 yrs+	Th	Ongoing	7:30-9 p.m.	ESCA
NO CODE 18 yrs+	Sun	Ongoing	3:30-6 p.m.	ESCA

### Archery; Archery for Beginners

Please see page 20 for a complete description and class times.

### Archery; Family Archery

Please see page 20 for a complete description and class times.

### Golf; Golf 101 - Beginner

Have you always wanted to learn how to play golf but have never made the time? Come learn the fundamentals of golf from a PGA professional. Students will learn the rules, proper etiquette of golf, stance, grip and swing technique. Participants are encouraged to bring their own clubs; clubs may also be borrowed from the instructor. Fee: \$50.

480-350-5200

39078	18 yrs+	M	6/9-6/30	5-6 p.m.	KMGC
39079	18 yrs+	W	6/4-6/25	5-6 p.m.	KMGC
39080	18 yrs+	M	7/7-7/28	5-6 p.m.	KMGC
39081	18 yrs+	W	7/9-7/30	5-6 p.m.	KMGC
39082	18 yrs+	M	8/4-8/25	5-6 p.m.	KMGC
39083	18 yrs+	W	8/6-8/27	5-6 p.m.	KMGC



### Golf; Golf 102 - Intermediate

This class is designed for those who have already taken Golf 101, or need to dust-off their clubs and get back in the game. Class is taught by a PGA professional who will help you gain a better understanding of equipment, how to perfect your golf swing, as well as on-course management. Students are encouraged to bring their own clubs. Fee: \$50. 480-350-5200

39084	18 yrs+	T	6/3-6/24	5-6 p.m.	KMGC
39085	18 yrs+	Th	6/5-6/26	5-6 p.m.	KMGC
39086	18 yrs+	T	7/8-7/29	5-6 p.m.	KMGC
39087	18 yrs+	Th	7/10-7/31	5-6 p.m.	KMGC
39088	18 yrs+	T	8/5-8/26	5-6 p.m.	KMGC
39089	18 yrs+	Th	8/7-8/28	5-6 p.m.	KMGC

### Rock-Climbing; Rock-Climbing and Rappelling

Basic instruction of the fundamentals and techniques of rock-climbing, as well as knot-tying and methods of belaying. Class participants need to arrive 15 minutes prior to the start of class to be fitted for shoes, and to complete a waiver form.

Fee: \$48. 480-350-5200

38984	16 yrs+	W	6/11-6/25	6:30-9:30 p.m.	ROC
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### Volleyball; Open Gym

Bring your friends for a fun afternoon of bumping the ball around on our indoor climate controlled court. A registration form and valid state issued photo ID is required to be filled out on the first visit. Fee: \$1. 480-350-5800

NO CODE 16 yrs+	Th	Ongoing	7:30-9 p.m.	ESCA
NO CODE 16 yrs+	Sun	Ongoing	1-3:30 p.m.	ESCA

### Drop-in Volleyball

The Kiwanis Recreation Center offers coed drop-in volleyball for ages 16 yrs+. Teams are formed on-site; learn rules at sign-up. No play 3/9, 3/16, 4/20, 5/25. Fee: \$4. 480-350-5201.

16 yrs+	Su	2/23-5/18	Noon-2:30 p.m.	KRC
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### Volleyball; League Information – Summer 2014

#### League Registration Dates

Resident Teams:	4/21-6/5
Non-Residents Teams:	4/24-6/5
League Dates (T/W):	6/17-7/30
Tournament Dates:	8/5-8/13

Women's A:	39193
Co-Rec B:	39191
Co-Rec A:	39192

Cost: \$290/team; no individual registration will be taken. For more information, visit our website at [www.tempe.gov/kiwanis](http://www.tempe.gov/kiwanis).